



Name: _____

Date: _____

Quiz

1. True or false: Players need to warm up before games, but not practice.
2. True or false: Mouthguards can help protect your teeth while you play sports.
3. Which activities are not good ways to warm up:
 - a) brisk walking, jogging
 - b) doing jumping jacks
 - c) jumping hurdles, lifting weights, sprinting
4. Wearing the right equipment with the right fit _____ your chances of getting hurt.
5. Write three signs a person may have had a concussion: